



Food Saving Tips: USE IT DON'T LOSE IT

Make it a habit to regularly inspect the foods in your kitchen. Inspecting food will help you know whether or not a food product is still safe to eat.

LOOK FOR THE FOLLOWING:

- >> An unpleasant or abnormal odor or color.
- >> Any mold or damage to the food product.
- >> Large dents, swelling, or rust on canned foods.
- >> A different taste or texture than is normal.

WHEN IN DOUBT, THROW IT OUT!

If you notice any of these signs, the food is no longer safe to eat. Trust your senses.



WHAT ABOUT SELL BY OR USE BY DATES?

Food dates like **Sell By**, **Use By**, and **Best Before** are about quality—not safety. Just because the date has passed, does not mean the food has gone bad. Also, once the food is opened, it is possible for it to spoil before the date marked on it, even if it is stored properly.





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How to use food that is not at its highest quality but is still safe to eat:

- >> Cut out the bruised part of an apple and eat the rest.
- >> Take a soft banana and put it in a smoothie or banana bread.
- >> Freeze berries that are losing their freshness. They can then be added to muffins, pancakes, or smoothies when you're ready to use them.
- >> Cook vegetables such as carrots, celery, or onions that have lost their freshness in a soup or stew.
- >> Puree soft tomatoes and freeze them for up to 6 months. Use pureed tomatoes in any recipe calling for tomato sauce.

WHAT'S THE RULE FOR MEAT AND EGGS?

- * The Sell By dates found on meat and egg products are more for the store than for you.
- * If your meat or poultry has an off odor or is sticky or slimy to the touch, do not eat it. Throw it away.
- * Ground meats and poultry should be cooked or frozen within 1-2 days.
- * Beef, lamb, and pork that is not ground should be cooked or frozen within 3-5 days.
- * Freeze larger meats in smaller portions and only thaw what you will use when you need it.
- * Already cooked poultry and sausage should be eaten within 3-4 days.

* Unopened lunch meats are safe for up to 2 weeks, but once opened, should be eaten within 3-5 days.

* Unopened bacon and hot dogs are safe for up to 2 weeks. Once opened, they should be used within 1 week.

* Eggs can be safe to eat up to 3 or more weeks after the Sell By date.

Not sure if your eggs are safe?

Crack the egg into a bowl and examine it for an off-odor or unusual appearance before deciding to use or discard it. A spoiled egg will have an unpleasant odor when you break open the shell, either when raw or cooked.



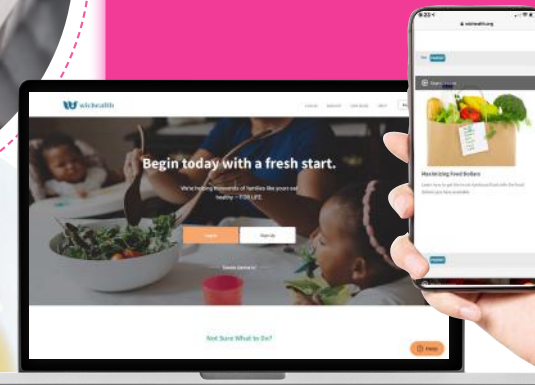
LESSON:
MAXIMIZING FOOD DOLLARS

Take This Lesson Learn:

- How to get the most nutritious food for the best possible price.
- How to make the most of your WIC benefits.
- How to use store flyers, store loyalty programs, and coupons.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Planning Simple Meals And Snacks**
- Choose the lesson: **Maximizing Food Dollars**



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